

## ABSTRACT

An information recording medium of the present invention includes a recording portion capable of storing information three-dimensionally. The recording portion (3) includes at least one recording layer (1a to 1f), and the recording layer (1a to 1f) contains titanium oxide. It is preferable that titanium oxide is at least one kind of an anatase type and a brookite type. The recording layer (1a to 1f) may be substantially made of titanium oxide, and may contain titanium oxide and a low refractive index material having a refractive index smaller than that of titanium oxide.